

# **gym programme**

## **Knighton Sports Centre**

Accurate as of 17/04/2024

### **Times for Sunday 26 September**



| <b>Time</b>         | <b>Session</b> | <b>Facility</b> | <b>Level</b> |
|---------------------|----------------|-----------------|--------------|
| 9:00 am - 10:00 am  | Open Gym       | gym             |              |
| 10:00 am - 11:00 am | Open Gym       | gym             |              |
| 11:00 am - 12:30 pm | Open Gym       | gym             |              |